

Overview of Food Studies

Y7

Developing the foundations of skills and knowledge required for independent working, Y7 students experience a variety of practical lessons and demonstrations as well as some theory. Health and safety is, of course, paramount. Together we explore a range of healthy ingredients, equipment and cooking methods.

Home learning is planning and preparation for lessons, however students are encouraged to cook (and clean up!) at home – and especially to practice the skills learnt in curriculum time. Recipes can be found on Fronter.

Some key skills covered – using the sharp knives, cleaning up hygienically, cake-baking: all-in-one method, using the gas cooker, using the blender, using the hob, boiling, simmering, using the electric cooker, using the hob, steaming, frying, bread-making, bread-baking

Key recipes – fruit salad, cupcakes, soup, couscous, bread, pizza

Y8

Building on the skills and knowledge taught in Y7, Y8 students will be ready to create a variety of healthy balanced family meals. Influenced by seasonal and sustainable ingredients, and beginning in our allotment here at WSFG, our curriculum takes us on a round-the-world tour – celebrating Chinese New Year with a Vegetable Stir Fry and discovering the exotic flavours of South East Asia with a Malaysian Curry. We introduce some advanced skills in Y8, learning how to prepare and cook meat safely, make shortcrust pastry, and pasta (using the pasta machines) from scratch. As part of this Pasta Project, students will have the opportunity to select and cook a recipe of their choice, as long as they successfully meet set criteria.

Some key skills covered – rubbing in method, preparing and cooking meat safely, fine chopping, making shortcrust pastry, stir-frying, cooking pasta, making sauces, making pasta dough, making fresh pasta into shapes, cooking fresh pasta, researching suitable recipes

Key recipes – fruit crumble, Malaysian curry, shortcrust pastry, mini tartlets, stir fry, pasta with sauce, fresh pasta, cheesecake

Y9

In Y9, students engage with nutrition on a deeper level. We revise the government's key healthy eating guidelines and discuss the dangers of obesity, as well as focusing on the problems related to salt and saturated fat in the diet. Working independently, students will respond to a number of recipe research challenges - based on set criteria - allowing a large amount of personal choice and ownership within the classroom.

Students are therefore equipped with the tools to create a variety of healthy balanced meals – inspired by their own work and that of others - and the information to make positive choices regarding diet in their future lives (not all students will study food after Y9).

We then run a short series of lessons exploring the subject of food banks - in partnership with the local charity Eat or Heat – including a competition which allows us to explore recipe design, as well as costings. Finally, to complete our KS3 curriculum on a high, we revisit cake-baking and practice high level cake-decorating skills, such as piping and making fondant icing from scratch.